



# West Auckland Men's Rebus Club

<http://www.rebuswestauckland.nz/>  
Affiliated to Rebus New Zealand Incorporated  
<https://www.rebus.nz/>

## Newsletter

**FEBRUARY 2022**

**The next meeting will be at 10 am Friday 11 February at the New Lynn Friendship Hall, 3063 Great North Road, New Lynn**  
Because another group needs it, we must vacate the meeting room no later than 12 noon, so please be prompt and expeditious

### COMMITTEE

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Please note that my landline phone number listed above is now prefixed with the Auckland Area Code (09). This is now necessary, for both incoming and outgoing calls, because Vodafone gave me a new, wireless, modem, which requires it. Others lucky enough to have Vodafone as their ISP may be in the same situation. Sometimes it works without the Area Code, sometimes not.

### CLUB BUSINESS

#### **PRESIDENT'S REPORT** **(aka PRESIDENT'S PRATTLE)** **Bill Mutch**

It was nice to see 22 turn up for our added January meeting.

I was sad to read out *The Little White Gate* for the late Herb Simmonds, I will really miss our chats.

A 98-year-old Totara has fallen.

We had a vote about members on the ruling that only double vaxed members can attend a meeting and 21 out of 22 voted that be the case.

At our next meeting we need to record the passes, so bring them with you and at the door we will note them.

Vince has told me he does not mind it known that he is not vaxed, and he has since kindly offered to be our secretary from home as he is unable to come to meetings.

At our ages we do need to keep safe, so masks must be worn at our meetings and outings. We are lucky to have an extra big venue, so spread out with plenty of room.

Vince and Peter have fixed our microphone.

I will do my talk on *The Railway People*.

'Vince has emailed me the minutes, which I have signed.

It was also suggested that, to keep the peace, anti vax be kept out of our meetings and newsletters.

We have a nice team of people and it was nice to see some new people.

My cat Noni understands these hot days: she is upside down with a fan going,

It has been suggested that next year our fees should be \$30. The AGM is in March. Treasurer Justin is returning to the UK soon, so someone please help.

All the best  
Bill.

**JANUARY MEETING**  
**John Mihaljevic**

We began the new year (2022) with a meeting in January (the 14<sup>th</sup>); something we normally do not. Despite the circumstances (COVID 19 and that that entailed) we had a good turnout: about 20 members, plus two visitors. The visitors were Arthur Wray and Ray Stoddart. Both are fellow residents at Waitakere Gardens. They had both come to our recent Coffee Mornings at The Falls. Arthur is a stalwart of the Waitakere Mens' Choir, as are two of our members: Stephen David and Noel Rose.

Because of the COVID-19 conditions prevailing, Secretary Vince Middeldorp was unable to attend. The meeting was therefore presided over by The Two Bills:



President Bill Mutch opened the meeting with a tribute to Herb Simmons, who died recently. We stood for a minute's silence for Herb and Bill recited *The Little White Gate*.

Bill Fairs then spoke about Herb. He told us of his book of contacts, speakers, Words of Wisdom and so on. On hearing of Herb's death, for some reason he opened this book at random. It happened to open on some Words of Wisdom provided by Herb:

*Be kind, the person you are talking with has struggles you know nothing about*

Bill could not remember having written this, but noted that they sum up Herb.

Bill is now of a mind to resume his Words of Wisdom. He gave us an instance from Mark Twain:

*Politicians can be compared to diapers; they need changing often, and for the same reason*

In the same vein, I can add a similarity and a difference between Donald Trump and a baby:

*Similarity: each is a loud noise at one end and no sense of responsibility at the other*

*Difference: the baby will grow out of it*

We almost lost both Bill Mutch and Trevor Pollard at Herb's funeral. Crossing the road immediately after it, they were almost run over. Bill said that Trevor used a word he had not heard before: it began with *F*.

The minutes of the previous meeting (August!) were accepted, with no matters arising.

Treasurer Justin Griffith reported that we have in excess of \$2000 in the kitty: \$300+ in BNZ, \$350 in Kiwi Bank, plus \$1200 on deposit from New Lynn Mens' Probus (which is currently in recess). Justin noted that the subscription fees just cover monthly expenditure, which are subsidized by the profits from Morning Tea. He asked us to continue to give generously.

Justin intends to recommend that the AGM (at the March meeting) increase the annual subscription from the current \$25 to \$30.

Justin also apologised for inadvertently paying 3 months' rental for the Hall during the last lockdown, even though we had not used the Hall.

Justin is returning to the UK, in a couple of month's time. He will be here for the March meeting (and AGM). So we will need to find a successor for him. Vince Middeldorp has agreed to continue to do as much as he can from home until we find a new Secretary.

Also, while I am happy to continue **editing** the Newsletter, I am no longer willing to **write** for it. I am happy to tidy up material supplied by others, such as that from Bill and Vince in this issue, I do not want to write-up anything, such as this meeting report. I hope someone else (one or more) will take this on. I will continue to record the meetings and take photos, and provide them to whoever writes them up. When I became Editor, over 4 years ago, I enjoyed writing it up, but now I find it increasingly a chore.

Trayton Wickens being absent, there was no Welfare Officer's report. Our other Welfare Officer, Barry O'Rourke, has resigned, because of the risk of COVID-19.

There was a brief discussion on the COVID-19 requirements for meetings such as ours. The meeting voted to require attendees to be either doubly vaxxed or have a recent negative test.

Trevor Pollard told of reading a book on the Waiwera Hot Pools ([https://en.wikipedia.org/wiki/Waiwera\\_Hot\\_Pools](https://en.wikipedia.org/wiki/Waiwera_Hot_Pools)) and the original 1-classroom school. One early pupil stank. When the school wrote to his parents asking them to clean this up, they got a reply: *My boy, he no rose. You teach him, not smell.*

On another occasion, one boy noted that: *Johnny was made upside down: his nose is running all the time and his feet stink.,*

We were then given an example of **Wokness** (<https://blog.washcoll.edu/wordpress/theelm/2020/10/the-meaning-of-wokeness-explained/>):

0800 Snowing, so I made a snowman  
0810 A passing feminist asked why I had not made a snowwoman  
0815 I made a snowwoman  
0817 My feminist neighbour objected to the snowwoman's voluptuous chest, complaining that it objectified snowwomen everywhere  
0820 The local gay couple complained that it should have been 2 snowmen, instead  
0822 A transgender man/woman-person asked why I had not made one snowperson with detachable parts  
0825 The local vegans complained about the carrot nose: vegetables are for food, not decorating snow figures  
0828 I was called a racist, because the snowman was white  
0831 The Middle Easterner across the road demanded that the snowwoman be covered up  
0840 The pollice arrived, saying: *somebody had been offended*  
0842 The feminist neighbour complained, again, that the snowwoman's broomstick had to be removed, because it showed women in a domestic role  
0843 The Council Equity and Rights Officer arrived and threatened me with eviction  
0845 TV news crew arrived and asked if I knew the difference between a snowman and a snowwoman. I replied: *No balls!* Now I'm called a sexist  
0900 I featured on the News as a suspected terrorist, racist, homophobic sensibility offender bent on stirring up trouble during difficult weather  
0910 I was asked if I had any accomplices; then my children were taken by Social Services  
0929 Far left protesters, offended by everything, marched down the street demanding I be arrested

By Noon it had all melted

Moral: There is no moral to this story. It is what we have become, all because of snowflakes

Outings Organizer reminded us that the trip to Orakei on Friday 18 February is still on, Ian will no doubt explain in more detail at the February meeting.

After reminding us that we need to find a new secretary and welfare officer, and possibly also a new vice president, and that the March meeting will be the AGM, Bill Mutch opened the floor to speakers.

Someone asked him for more information on Cambodia (<https://en.wikipedia.org/wiki/Cambodia>). Bill said he had been there several times, and told of the continuing danger of unexploded bombs and of his pen friend.

Trevor Pollard told of his time as a plumber in an Outdoor Club.

Laurie Vincent told of the Kiwi tourist in Australia. Wishing tour the Outback (<https://en.wikipedia.org/wiki/Outback>) and spot a kangaroo (<https://en.wikipedia.org/wiki/Kangaroo>), he bought a car and set out. In the middle of nowhere (aka Australia), in 40 degree heat, his car broke down. He eventually managed to flag down a passing car. On being told it was 15 km to the nearest town, he asked for a lift. The motorist, a busy salesman, refused, but did offer to sell him a tie. The Kiwi declined, so the salesman drove off. The Kiwi started walking. Tired and thirsty, the Kiwi eventually reached the top of a hill, from where he could see, down in a beautiful valley, a town with a hotel. Reaching the hotel, he rang the doorbell. An immaculately dressed doorman opened the door, but refused the Kiwi entry because he was not wearing a tie.

Moral: If an Aussie wants to sell you something, buy it.

It was announced on the radio that Novak Djokovic, in exhibition match with Maria Sharapova, was hit in the crotch. He asked for: *New balls, please.*

Bill Mutch told of riding motorbikes in Vietnam.

There was also Lebanese 'Uncle Dave', who went to the best school in Auckland: Boston College, on College Road. Returning from a shopping trip in the City with his mother, the tram went along Khyber Pass Road past Uncle Dave's school. Innocently pointed this out to everyone on the tram. Mortified, his mother could not stop the tram and get off quickly enough. To the curious stares of all the other passengers on the tram.

Bill Mutch told of driving trains in the 1960s. How (mostly young) people would ride in or on the wagons for free, because they could not afford the fares. This was dangerous. Once such free rider froze to death in National Park.

Andrew Geddes told of getting from one carriage to the next on the outside. On one such escapade, he startled a woman passenger: he suspects that she still thinks that she saw a ghost.

The meeting closed with a couple of cemetery stories from Trevor Pollard..

Getting off the late bus, a man decided to take a short cut through the cemetery. He saw someone chiselling away at a headstone.

*Working late*, he said.

*Yes, some bastard spelt my name wrong.*

On seeing a headstone engraved *Hyscock*, someone asked: *What happened to the rest of him?*

### **FUTURE OUTINGS**

The Gold Card trip to Orakei on Friday 18 February.

### **MEMBER'S CONTRIBUTION**

#### **THE ISLANDS OF THE PACIFIC**

##### **Bill Mutch**

Working as Staff Training Manager/Business Consultant for Foodstuffs, who look after Four Square, New World, Pak n Save, and Gilmores, saw me running business courses and being a consultant covering NZ and our members in the South Pacific. I had knowledge of all the shops and was sent if a problem arose. The down side of the job was that I was not home much, but the salary was wonderful.

I was asked in 1984 if I could have lunch with a shop owner from Aitutaki Island. The company paid for a nice lunch and we chatted about what we could do to help this man's store at Aitutaki. Tom Neale was his name and was interesting to chat with. Our company sent the stock to him every month and we held a signed chequebook to pay for the stock: that could not happen nowadays!! I was asked if I could check the orders before they went, just to be sure Tom was getting the best stock. Soon after this, I was spoken to by the CEO and a senior director and asked as the Staff TrainIng Manager and Business Consultant would I be prepared to help out our Shop operators in Rarotonga, Aitutaki, and Norfolk Islands. So this was a nice surprise that lasted for many years, but it did add a lot of work to my workload, but keeping in my mind the sun and beach life gave me that extra shove.

From Auckland, Rarotonga is about 3 hours 45 minutes by plane, and Aitutaki Island is another 55 minutes by local jet. The Cook Islands ([https://en.wikipedia.org/wiki/Cook\\_Islands](https://en.wikipedia.org/wiki/Cook_Islands)) has 15 Islands in total, but they are spread out by many miles in the Pacific.

My first trip to Rarotonga was in 1984, my last trip was in 2005, so for over 20 years I went twice a year to Rarotonga, 3 times to Aitutaki in total, and once a year to Norfolk Island. I must say that the staff was wonderful to train and the owners were very grateful for my advice and help. I have many lifelong friends who I still hear from now.

The Supermarket at Rarotonga was called "Foodlands". It was a good size and sold everything, just like our supermarkets in NZ.

I stayed in a beach studio the owner of the supermarket had built, where I could lay in bed and look over my toes and see the lagoon and the sea crashing on the reef. I was often taken out to dinner or I could drive myself out in the car they gave me, but right next door was a wonderful Restaurant. Or I could cook my own.

Many of the staff I trained I got good jobs in Auckland.

Soon word got around and I was asked if I could train the local police, which I slotted in as the Supermarket owner was ex-Police. We had great fun and I was invited to stay on the Island of Aitu.

The Island of Aitu is about 45 minutes by Air Rarotonga. It has a very steep and short runway: we tried 3 times to land, I was taken to this house and for two days drank bush beer, also known as moonshine.

I had to return to Rarotonga for a rest.

Resting in my beach studio with the sound of the surf crashing over the reef, I soon went to sleep.

The training sessions started at 6 am, so up early, because of the heat; but finished at 11.45 am. Then time for lunch at the supermarket cafe. After a one-hour lunch, it was time to chat with the owner and managers about how to improve the store operation. This was tough because of the afternoon heat.

I would zap home about 3 pm, have a cold shower and have a two-hour nap. Then it was out for dinner about 7 pm, often to the Manager's house to drink endless amounts of good red wine and have a nice cooked meal.

I found after a number of red wines you could change the problems of the world!!!!.

16 Days went quickly. Each trip was about the same, except one time we arranged for the managers to do a treasure hunt around the island. Two of us had hidden 13 things all over the island (32 Ks around) and the Store Manager and I were waiting at my beach house (the finishing post) but we drank too much red wine and were having trouble keeping awake.

As the Store Managers husband worked for Air NZ I always got a very good seat.

On these Islands, the checkout systems had a lot of problems with salt air and they had to carry many spare parts and have a good understanding of how to fix them. Even the cost of a phone call to NZ was high.

Should you go to Rarotonga a good place to visit is The Highland Culture Centre. They pick you up from your motel, take you (about 6 pm) to a bar for a drink, then put you into 4 wheel drive transport for a trip up the mountains. On arrival they give you a conducted tour, explaining all the history/culture and the views are stunning. Plenty of pineapples are grown up there.

The dining area must hold about 100 people. The food is so nice and there is plenty of it, with a good view from all tables on the stage. A wonderful show starts dances, music, and history. They invite you to join them in a dance, if you wish.

After this you are taken back to your motel, at about 10 pm. I have been about 6 times and would go again: put it on your must-do list.

They have a special rock area where they would conduct weddings, so as a wedding celebrant it took my interest. All the staff are dressed Cook Island costume style. I rate it 10 out of 10.

I am a bit past it now, but another great time out is a hike of about 3 hours over the mountains. But you have to be fit. Really stunning views. Taking water is a must. I would highly recommend going with a guide.

*Trader Jacks* ([https://www.tripadvisor.co.nz/Restaurant\\_Review-g309713-d1010017-Reviews-Trader\\_Jacks-Rarotonga\\_Southern\\_Cook\\_Islands.html](https://www.tripadvisor.co.nz/Restaurant_Review-g309713-d1010017-Reviews-Trader_Jacks-Rarotonga_Southern_Cook_Islands.html)) is a waterfront restaurant right in the centre of the main shopping area. I have been taken here countless times. It is a big place right on a wharf. In rough weather the sea can invade the restaurant. During cyclones this building has been damaged, so now the construction is all bolt and nut, so easy to repair. It is a bit expensive, but a night out treat is a must. A very busy place with a big menu.

Just a 5-minute walk from the shopping centre is the main port, which has one of the best outlets: the *Hamburger Shop*. I rate the burgers as world-class (Palace Takeaways with a great view). It is an old-looking shop with great waterfront views that are magic. You can take away or sit down there. The fish burgers are my favourite.

The fish is supplied daily, as you can also go out on the many fishing boat charters. The rule is that what you catch they will give you a few fillets. The rest is sold to the local restaurants every day. That way it keeps the charter cost lower.

Many places to eat out at and most places do include a breakfast in your motel/hotel package. They have a great bus (painted bright yellow) service, as the Island is 32kms around. Counterclockwise service or clockwise, so does not matter. Getting lost is difficult.

Edgewater is a resort which is nice for your first visit to the Island: nice rooms. Garden rooms are my pick. They have shows with a nice restaurant.

My pick, however, is Mainuia Beach Resort (<https://www.manuia.co.ck/>), No kids allowed. Service and units very good, with fresh fruit breakfast. Also a nice pool, but right on the beach.

A shop around the other side of the Island is *The Fruits of Rarotonga* (<https://www.lonelyplanet.com/the-cook-islands/around-the-island/restaurants/fruits-of-rarotonga/a/poi-eat/1259848/1338495>), started by a couple from New Zealand who made a lot of jams from local fruit. Worth a stop for a nice coffee or cold drink. The beach opposite is very good for snorkelling, with plenty of parking for the rental car.

On another visit from New Zealand, I arrived there about 7 am to get picked up by the supermarket owner and taken to his house for breakfast, to be told he has booked us on the 8.45 am plane to Aitutaki Island and we will spend four days training the staff of a big busy restaurant. My wife was with me and we were tired after the night flight. The plane, a 39 seater Saab jet, was very nice. Landing at Aitutaki 50 minutes later was a big change since I was there before: the runway built by Americans during World War 2 had been a coral runway, but now had been sealed. We were put on a tour bus and I asked about Tom Neale, the store owner who had passed away 6 months ago. With that Willie Wichman (the bus driver) suddenly went up this private driveway and said everyone out and to follow him. He took us through some bush to Tom Neales grave and gave us an amazing history talk on Tom's life. After this, we were taken to the restaurant for coffee. The bus carried on, but I had to do some staff training, all from my brainpower, as I had not prepared for this, but they were good to train. My wife went to sleep in a chair, then about 2 pm we were taken to the little unit where we both had a sleep until 7 pm, when we walked to the restaurant for dinner. All was good until 6 pm when Mae had a shower and told me there is no hot water: not needed on Aitutaki as it is so warm most of the year. About 9 pm we were home again and Mae was on the toilet she suddenly yelled out, there was this big spider: Mae often told others in NZ about spiders and no hot water.

The meal was export-grade beef - so tender. After a sleep, we got up at 6 am because of the local alarm clocks: that was the roosters crowing. At 9 am we were taken by motorbikes on a day cruise on a covered barge sightseeing the massive lagoon. When I was about 8 years of age I landed on this lagoon in a flying boat operated by TEAL from NZ. My aunt, who was a Head Mistress of Epsom Girls Grammar, took me to a friend's house who lived at Aitutaki. I recall landing in the water then getting into a small boat. Nice food on the big flying boat, but not much else.

This day our cruise took us to many of the islands within this massive lagoon, including one where the flying boat landed. On a walk into the bush we found the remains of a run down TEAL office. We had fresh fish onboard for lunch grilled. The waters are so clear: giant clams and fish of all colours.

We ended up at One Foot Island. This island is the shape of a foot. No one lives on these lagoon islands, except this one had a double story bach which on another trip I stayed there four 4 days. No power and we caught and ate fish and drank much red wine. The store owner's family own the island. At night it was very dark and the only sound was the sea crashing on the reef. Some movies have been made there.

Going back on the barge we had this Island lady up on the bow singing songs. It was an amazing trip. The cost is high but well worth the trip of a lifetime.

The trip back to Rarotonga is nice, with coming into the airport amazing.

So I have had many trips to the Cook Islands: it is like my second home.

Norfolk Island ([https://en.wikipedia.org/wiki/Norfolk\\_Island](https://en.wikipedia.org/wiki/Norfolk_Island)), which is off the coast of Australia, is known for its history. By plane it is only 2 hours from NZ. I would get staff in NZ from there to train as retail managers, so my visit once a year. I did know some of them. The only supermarket is big and modern. The store operator was at Milford New World as a young guy.

Stock for the island comes by ship from NZ or Aussie. They have two ports: Kingston and Cascades. Both have no wharves as the ships stay at sea, and there are many lighters (open row type boats). It depends on the winds and tides as to which port is used, but I think the Cascades is more used.

When a ship comes in much of the town closes, as they need heaps of people to unload the ship.

They would give me a rental car. You cannot go far but it was handy. One night I was taken out to a very upmarket restaurant (Branka House) and when coming out about 10 pm, there were no street lights and it was so dark I had trouble finding my white car. Another night I went to a managers house for a meal. It was about a 10-minute drive; the road was narrow and really dark with no moon.

I had a nice home-cooked meal. I even had Herman, a friendly mouse, come for dinner. The wife of the manager worked in the government. Office. I told them the story of my grandfather, who had a row with my grandmother, who told him to go away so far - she never wants to ever see him again. Well, he went to Norfolk. Island and the next day I was taken to his grave in this well-kept cemetery.

I never knew him as I was only 6 months old when he sailed out to Norfolk Island, but I spoke with a couple who remembered him and they showed me his house. They told me he grew vegetables to have an income and that he walked everywhere.

The only beach is at Emily Bay, which is pretty, but the rest of Norfolk Island is high cliffs. Once I was on holiday on the Gold Coast when I was asked to come over to Norfolk island to help with a Rotary NZ team training, so my wife flew back to NZ and I flew from Brisbane to Norfolk Island. However, due to an Air NZ problem I was stuck there for 3 weeks. Believe me, not much to do once you have seen things once.

I always stayed in this nice house on a hill with nice views. One night after being out I went to the fence line to get a bunch of ripe bananas, but it was so dark that with no torch I could not feel the bananas I had seen earlier that day. However, the next day someone must have picked them when I was out as none were left.

A thing to do is go out on a minibus and take part in a progressive dinner - great night out.

Norfolk was once duty-free, but now stuff is expensive and the island is controlled by Australia.

Country and Western music is popular, but motels are a bit expensive. Air NZ no longer flies there.

I have been to other Islands like Fiji and Vanuatu, but I rate the Cook Islands tops.

### **THINGS FOR THE SHOEBOX** **Vince Middeldorp**

I expect New Zealand will experience the same situation with the Omicron variant that is now occurring in Denmark. Denmark is 90 percent-plus adult vaccinated; almost 70 percent boosted. Denmark is now right up there with Israel in seeing the highest rates of infections of any country. And though Omicron is milder than Delta, Covid deaths in Denmark are rising and will almost certainly keep rising through most of February.

There is no information in New Zealand about what to do if you contract Covid-19. That is because the Government does not want to see anything that might promote vaccine hesitancy. Their advice is to get tested, isolate at home, take Panadol and hope your vaccine shots result in mild disease.

In overseas countries, doctors treating Covid-19 patients say that getting treatment in the first 72 hours is vital. If that is good advice, what therapeutic products should you have in the shoe-box for Covid-19?

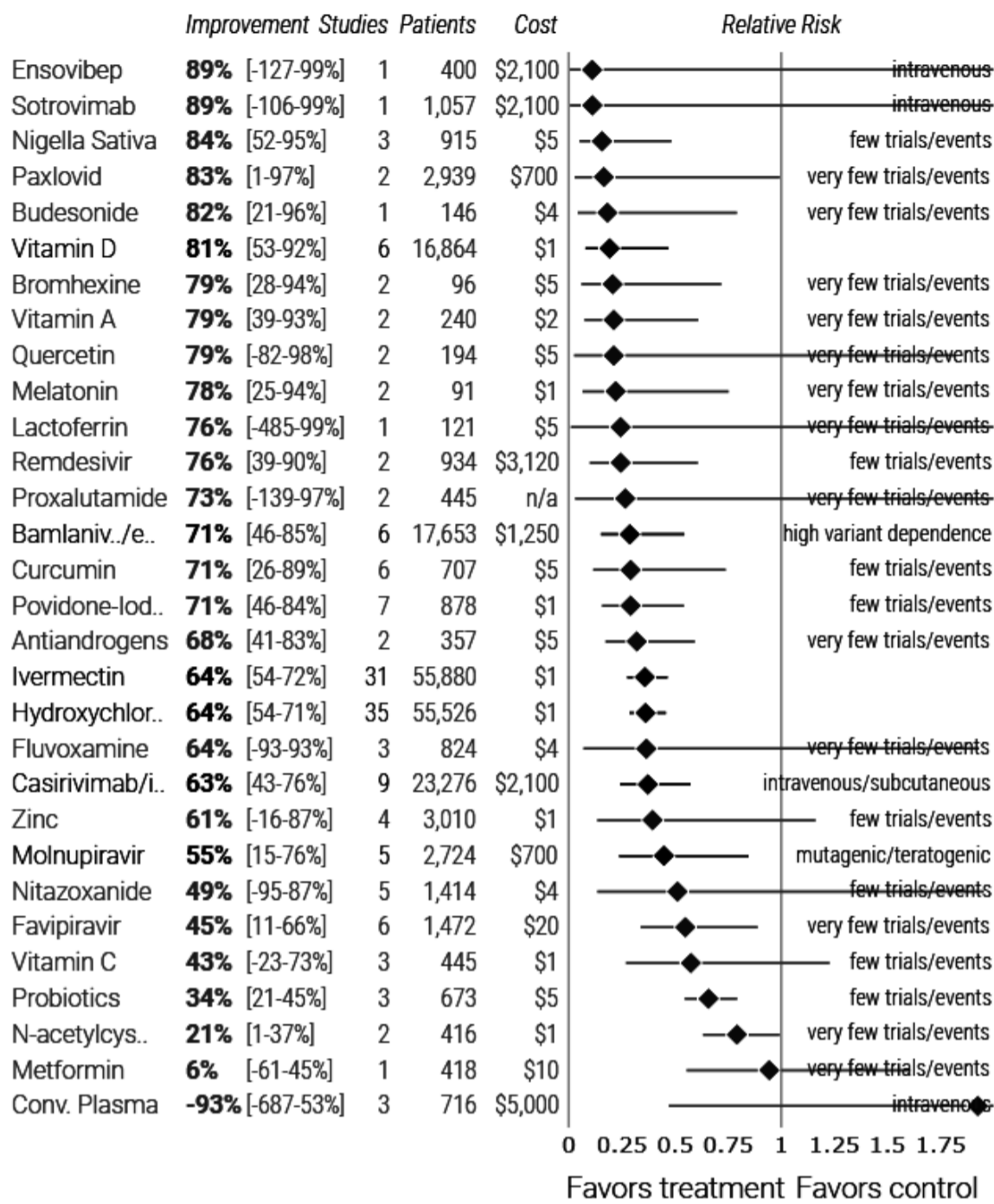
In recent weeks, I have been collecting various products that I can get over the counter and have looked at them on a website (<https://c19early.com>) which ranks their effectiveness. The rankings result from 1,367 studies.

The third highest rated product is *Nigella Sativa* ([https://en.wikipedia.org/wiki/Nigella\\_sativa](https://en.wikipedia.org/wiki/Nigella_sativa)). The two ahead of it are pharmaceutical products which would be prescription only and might not even be available in New Zealand. If you are interested in finding out how much *Nigella Sativa* to take, there is a YouTube video by Dr Mobeen Syed which tells you everything you need to know (<https://youtu.be/SOWa6-EOohI>) I bought my *Nigella Sativa* from a shop in Kumeu (<https://thesourcebulkfoods.co.nz>).

The fifth highest rated product is one I have written about in a previous newsletter. It is *Budesonide* (<https://en.wikipedia.org/wiki/Budesonide>) and is available on prescription in New Zealand. You can read the Ministry of Health statement on *Budesonide* for adults in the community at [https://www.health.govt.nz/system/files/documents/pages/therapeutics\\_tag\\_position\\_statement\\_on\\_inhaled\\_budesonide\\_in\\_covid-19\\_29oct2021\\_final.pdf](https://www.health.govt.nz/system/files/documents/pages/therapeutics_tag_position_statement_on_inhaled_budesonide_in_covid-19_29oct2021_final.pdf).

The next product on the list is *Vitamin D* ([https://en.wikipedia.org/wiki/Vitamin\\_D](https://en.wikipedia.org/wiki/Vitamin_D)). This is another very cheap product and the Chemist Warehouse has plenty in stock (<https://www.chemistwarehouse.co.nz/buy/76101/cenovis-vitamin-d3-1000iu-400-tablets-exclusive>). *Vitamin D* needs to be taken before contracting Covid-19 because it takes several days before it becomes useful. There is a study which concluded a mortality rate close to zero could in theory be achieved at a vitamin D level of 50 ng/mL. This level can also be achieved by getting out in the sun instead of taking tablets – you would probably need to take four per day. Here is the study <https://pubmed.ncbi.nlm.nih.gov/34684596>.

The final product I want to mention is *Quercetin* (<https://en.wikipedia.org/wiki/Quercetin>). The shelves at the Chemist Warehouse have been empty for months when it comes to this product. I gave up on the Chemist Warehouse and rang Douglas Pharmaceuticals, who manufacture *Clinicians Liposomal*, *Vitamin C* and *Quercetin Liquid*, some weeks ago. When they said they had stock available, I arranged for a local pharmacy to buy some in for me. The link for it <https://www.clinicians.co.nz/products/immunity-allergens/vitamin-c-quercetin-liposomal>.



**CLAUDIA'S CORNER**

A husband buys his wife a cemetery plot for her birthday.  
The next year she complains: *You didn't buy me anything this year.*  
He replies: *You never used the last one!*

The traffic cop noticed a speeding car. He chased after it. When he caught up, he wound his window down and called out to the driver, a blonde who was knitting: *Pullover; pullover!* She said: *No, it's a sweater.*

The other day a very large concrete mixer truck and a prison bus full of prisoners collided. Police warn the public to be on the lookout for hardened criminals.

Why is it always windy in a sports arena?  
Because of all the fans!!!!.

**OTHER**

**ONLINE BANKING**

With cheques now a thing of the past, and bank branches, and even ATMs, being few and far between, Internet Banking has become, if not welcome, certainly unavoidable. Specifically, you can now pay your Rebus subscription directly into our bank account: 38 9022 0402722 00. The precise details of how to make a payment will depend on just how your bank's web page is configured.

You will also have to set your account up with your bank first. Just go to the relevant page on your bank's web site and follow the instructions there. This process, and making payments, is not difficult, but can be daunting at first. When I signed-up for online banking, and also when I made my first online payment, I did it while on the phone to my bank's Help Line. The nice lady on the Help Line talked me through each process. With her help, it was all a lot easier than I had feared. I now regularly make online payments without any problem, and I also check my account on line whenever I want, both from the comfort and safety of my home.

An alternative to Internet Banking that you might prefer is Telephone Banking. I have never used it myself, so cannot comment on it from personal experience, although my sister has been using it for years, quite happily and successfully. Again, ring your bank's Help Line and take it from there. I do know (from my sister) that ASB has a separate phone number for Seniors, which is much better (less waiting) than that for younger customers.

**SERVICES**

## JUSTICE OF THE PEACE

**Charles Nicholls** is a JP, and has offered fellow members his services as such, as per:

I am available to assist members with any documents that need a JP to sign. Our services are free. I can be contacted on this email [cdnich300@gmail.com](mailto:cdnich300@gmail.com) or on my landline 09 6293816 or as a last resort on my cell phone 02102551937.

If members cannot get to my house, I will visit people in their homes or meet them at one of our meetings.

Services are free. If members want a JP and for some reason I am not available they can access the following website <http://justiceofthepeace.org.nz/>.

While all JPs can act, I recommend that clients go to one that has the word accredited by his/her name as that means she/he has kept up with recent training.

It is unlikely that Charles is the only member with knowledge/skills that might be useful to other members. If you can contribute in any such way, please write a short notice and send it to me, to include in the Newsletter, and to Vince, to put on the website.

## SENIORNET WEST AUCKLAND

Members of a digital bent might be interested in the services offered by SeniorNet West Auckland (<http://www.seniornet-west-auckland.org.nz/>): two Help Sessions and a Meeting each month. The Help Sessions are on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month, 10-11 am, at its Learning Centre, upstairs in the Henderson RSA (66 Railside Avenue, Henderson). There is a \$5 fee. The Monthly Meeting, with a speaker, is on the 3<sup>rd</sup> Tuesday of the month, 10 am – noon, in the Kelston Community Centre (in the same room where West Auckland Rebus used to meet). A \$2 donation will give you morning tea and 3 chances of a small prize.

With COVID-19 once again in abeyance, normal services have been resumed. The next meeting will be on 17 November. The November Help Sessions will be on the 10<sup>th</sup> and 24<sup>th</sup>. The final Help Session of 2020 will be on 8 December. The first of 2021 will be on 26 January.

## COMPUTER SERVICING

Grant Stevens, operating as Eden Computers ([www.edencomputers.co.nz](http://www.edencomputers.co.nz)). I have not needed his services much, but I have found him very helpful when I did, as have others I know, Noel Rose for one. So Grant is the man to go to if your computer needs care and attention. Grant's contact details are on his website, above. If you cannot access him via his website, you can ring him at 09 638 8188 or 0274 939 017.

## OTHER MATTERS

You can download the Rebus Federation Constitution at <https://www.rebus.nz/documents>, where it is listed under *Rules of Rebus NZ*. It was originally intended to append it to this Newsletter, but 13 pages is too long – I am not that desperate for content.

## SUPERSENIORS

If you are not already in the habit of doing so, you should consult the SuperSeniors site (<http://www.superseniors.msd.govt.nz/>), where you can find much useful and interesting information, as well as sign-up to their eNewsletter.

## SUPPORTERS

**West Auckland Mens Rebus** gratefully acknowledges the support and assistance of:



The Federation is always there for us, with help, advice and encouragement.



We are all grateful for their support.



***The next meeting will be on Friday 11 March 2022***  
*(usual time, usual place)*

**If anyone has any views, opinions, information, requests or questions they want to share with members, please do not hesitate to send them to me, so that I can include them in the Newsletter. Remember, it is YOUR Newsletter: feel free to contribute to it as you will. I do not want to have to write it all myself – I'm too lazy for that!**

If you have any queries or problems with distribution, please raise them with Secretary Vince Middeldorp ([vincemiddeldorp@gmail.com](mailto:vincemiddeldorp@gmail.com) or 828 5250). Vince is responsible for distribution, I for content. Any contributions are most welcome ([JohnMihaljevicNZ@gmail.com](mailto:JohnMihaljevicNZ@gmail.com)).

John Mihaljevic (Newsletter Editor)